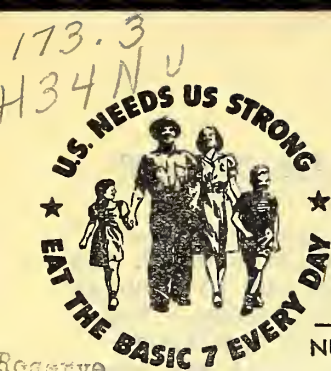


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# NUTRITION

U. S. DEPARTMENT OF AGRICULTURE

Published Monthly by the  
Production and Marketing Administration  
With the Approval of the Director, Bureau of the Budget

## News Letter

NUMBER 79

WASHINGTON, D. C.

FEBRUARY 1949

### MOBILE FIELD UNITS OF U. S. PUBLIC HEALTH SERVICE STUDY NUTRITIONAL STATUS

To study the nutritional status of general and representative population groups and conduct demonstration studies, the Nutrition Section of the U. S. Public Health Service has organized four mobile field units. Their primary purposes are (1) to assist State health departments in improving general health by promoting better nutrition and by developing and demonstrating methods of nutritional appraisal that can be used by local health departments; (2) to determine the prevalence of nutritional deficiency diseases in various areas of the country; and (3) to provide in-service training in nutrition for health department personnel.

The units are located in the New England, North Central, Mid-Atlantic, and Southeastern areas, each of which displays distinct geographic and population characteristics.

The New England unit was established at Brattleboro, Vt., where it would be convenient to work in the various New England States. The North Central unit was set up in Michigan, an area which was characterized by lack of sufficient iodine in the diet. It has since been moved to Columbus, Ohio, where it has close working relationship with the Ohio State Health Department. The Southeastern unit began its work in Florida and then moved into Georgia. The Middle Atlantic unit began its work in the mining areas of the Appalachian Mountains, but has since been moved to Baltimore, Md.

In New England, nutrition studies have been conducted among school children of Brattleboro and among the rural families and children of Putney, Vt. A 10-percent sample of the school children of Belmont, Mass., was examined in May 1948. This study was an exceptional example of community cooperation, organization, and assistance. The New England unit has just completed the field work for a study, made at the request of the Maine State Department of Health and Welfare, of the Indian children at the Point Pleasant Indian Reservation, near East-

port. Another study will be started soon in the Machias area of Maine. The New Hampshire Department of Health is planning a study in Manchester.

The Georgia unit maintains its offices and laboratory at the office of the Georgia Department of Health in Macon. This unit studied hemoglobin levels and the changes in such levels brought about by iron therapy in two girls' schools. The effect of lysine intake on blood hemoglobin levels is being investigated. The unit will also take an active part in the school health study and rehabilitation program in three Georgia counties.

The unit now located in Baltimore, Md., is completing its report of a nutrition study made in Cumberland in connection with the school lunch program of the Allegany County schools. The staff has also completed nutrition studies in the Montrose, Lock Raven, and Glen Burnie State institutions.

The unit in Ohio has begun studies, in cooperation with the Ohio State University School of Home Economics, of the school lunch programs in several rural and urban communities, beginning its work near Lancaster and Newark. A nutrition study will also be undertaken of at least 400 inmates of the Columbus State school. At present plans are also being developed for a cooperative study of the families, the soils, the food products raised and imported, and related nutrition factors in the area around Athens. The study, while under the direction of the medical officer of the Nutrition Unit, will be guided by a technical committee, composed of representatives of the State health department, the agricultural college and experiment station, the Battelle Institute, the Medical School of Ohio State University, the Ohio University at Athens, and the Public Health Service. This unit is also preparing a report of a family study carried on in Ottawa County, Mich., during the past 2 years, in which 2,551 people were surveyed.

In addition to these nutritional status studies, the units have been responsible for nutrition training and education.

The New England unit, in cooperation with the Windham County School Department, gave a 10-hour course for elementary teachers last spring and is planning a more comprehensive course for teachers in the New England States. The North Central unit is making use of training programs for public health nurses, originally developed in Ottawa County, Mich., for in-service training in nutrition of local and county health department personnel. The Mid-Atlantic unit is holding training programs for hospital nursing school groups, and for health officers, both in western Maryland and in the Baltimore area.

#### FOOD AND NUTRITION BOARD MEETING

The Food and Nutrition Board held its 33d meeting in the National Academy of Sciences National Research Council Building in Washington, October 29-30, with Dr. Frank G. Boudreau presiding.

Featured speakers at the meeting included Dr. Norman Wright of England, current advisor on nutrition to the Ministry of Health, and Maj. Gen. N. M. Whitty, in charge of feeding the British Army.

At a dinner meeting Dr. James McGrath of Newfoundland Department of Health and Welfare spoke on nutrition conditions in Newfoundland observed as the result of nutrition surveys made by a group of U. S. physicians and nutritionists during 1944 and again in 1948.

Special subjects of public interest considered by the Board during these sessions included: (1) Recommendations to be made by the Board's representative in the Federal Security Agency hearings on definitions and standards for bread; (2) modification of the Food, Drug, and Cosmetic Act to provide that chemicals added to foods during processing should undergo the same rigid tests for non-toxicity as are applied to new drugs and their additions should improve rather than lessen the nutritive quality of the food product (a special committee on food protection was appointed to survey this situation); (3) provision of additional calcium in United States diets; (4) a committee to study anthropometric standards of height-weight in relation to nutritional requirements. This committee was approved by the Board.

The Board adopted a resolution favoring Federal legislation requiring the iodization of all table salt.

#### EXHIBITS AVAILABLE FROM THE CLEVELAND HEALTH MUSEUM

Information on how to make your own exhibit or ready-made exhibits which can be borrowed or duplicated can be secured from the Cleveland Health Museum. This museum's studios design and construct scientifically accurate models and exhibits presenting the facts of physiology and health.

According to "Making Health Visible," issued by the museum, the studios in creating their exhibits follow the principles that—

1. Seeing is easier and more convincing than reading or hearing.

2. Three-dimensional objects are more impressive than illustrations.

3. Moving mechanisms are more attractive and longer remembered than still objects.

4. Participation in activities or operations is more effective than merely observing.

5. Visual methods are timesavers for the teacher as well as the student.

6. Repetition makes learning permanent and complete. The visitor may study the exhibit until he understands clearly.

Putting information in a visual form that is easily grasped and long remembered, the exhibits cover various aspects in the life of man from conception through old age. Nutrition exhibits that have been popular are Food Facts and Fallacies; How Many Calories?; Protective Foods; Body Builders; Double Your Food Value For Less Money; Your Lunch Box; A Nickel's Worth; and Needed Calories Per Hour At Home, At Work, and At Play.

The museum will make duplicates of its exhibits for those who wish them for a permanent collection or it will lend them at weekly rates plus the cost of shipping. For a list of the exhibits available and the rental fee or purchase price for duplicates, write the Cleveland Health Museum, 8911 Euclid Avenue, Cleveland, Ohio.

Should you prefer to make your own exhibits, the museum has a set of 30 slides of pictures taken at the museum and helpful suggestions on exhibit making which give ideas and practical knowledge. Also, Dr. Bruno Gebhard, director of the museum, has published a number of articles on making and using exhibits in health education. These are listed in "Making Health Visible."

In the article "Exhibit Planning and Analysis," published on page 394 in the Journal of the American Dietetic Asso-

ciation for May 1948, Dr. Gebhard outlines the general principles underlying good exhibits, describes some of the museum's nutrition exhibits, and goes on to give the minimum requirements for making one. A reprint of this article may be obtained from Dr. Gebhard for 10 cents.

The Cleveland Health Museum was sponsored for incorporation by the Academy of Medicine in Cleveland, Cleveland Dental Society, and Cleveland Health Council. It issues film strips, has a film loan department, and its own publication. Dr. Gebhard writes that the studios could create new materials for use in other community nutrition programs.

#### YORK COUNTY NUTRITION WORKSHOP OFFERS CREDIT TO TEACHERS TAKING COURSE

A nutrition workshop for nurses and teachers in elementary schools, which gives two credits to those completing the 40-hour course was arranged by the York County (Pa.) Red Cross Chapter in cooperation with the Extension Department of the State College. The course consists of eight meetings, each 5 hours long. Starting at 4 p. m. with an informal tea, the program includes a film or two relating to the subject of the afternoon with a lecture following. After dinner, the program resumes with a question period and the workshop itself. The workshop consists of open discussion and suggestions from the class.

#### NEWS OF STATE COMMITTEES

PUERTO RICO.—The Puerto Rico Nutrition Committee is making plans to carry on an island-wide publicity campaign to popularize the use of nonfat dry milk by the general public. Retail packages of dry skim milk will be imported by the General Supplies Administration for sale to wholesalers, and the Insular Government PRACO chain stores will carry it in stock for retail sales. The publicity campaign will be launched when the milk is available for retail sales.

WEST VIRGINIA.—Although the State Nutrition Committee has devoted much effort to the Good Breakfast Program (November NNL), it has not neglected other phases of nutrition application. At the Committee's meeting on August 13, the subcommittee on Teaching Nutrition in the Elementary Schools reported on a school program developed by a study group at Camp Caesar Workshop during the summer. In considering the report the committee felt that the many programs of nutrition education in the State should be coordi-

nated. To this end, it voted to call a meeting of representatives of various groups interested in nutrition education in the schools to work out a more unified program.

The Subcommittee for Interesting More Girls in Home Economics suggested that facts and information be gathered for use in speaking to high-school girls. Since the need for dietitians is so great, recruitment for this profession would have first consideration.

Agencies represented on the committee participated as follows:

State Dairy Association offered to contribute \$25 toward printed material relating to the Dairy Industry.

Farm Women's Council reported improvement in fall gardens. School lunch projects sponsored by the council are buying equipment, getting supplies, and aiding in providing food.

Extension Service urged all members to keep the garden spray program going. Home demonstration agents held food preservation schools and demonstrations throughout the State. Encouraging the drinking of more milk and improving conditions under which milk is produced is one of their major goals for the year.

Nutrition in Industry reported that more milk is being sold in industrial plants.

State Health Department displayed an exhibit and announced that nutrition classes will be continued during the year.

Federation of Women's Clubs said they will continue to sponsor school lunches in local communities.

Experiment Station reported it is conducting a nutritional status project, which includes dietary history for 7 days, blood samples, and a complete physical examination for each person studied.

School Lunch Program reported that two surveys in Preston and Boone Counties made by the county boards of education, the State department of education, and General Mills indicated a deficiency of green and yellow vegetables and serious milk shortage in children's diets.

Monongahela Power Company stated it is giving demonstrations in the use and preparation of green and leafy vegetables.

TEXAS.—From "What's Cooking," issued quarterly by the Texas Nutrition Council, we learn that nutrition education was featured at the Health Education Workshop in Austin in December. The 5-day workshop planned for county health coordinators and supervisors is directed

by the State Department of Education with the cooperation of the Southwest Texas State Teachers College. Advanced nutrition students from the college assist by stressing such techniques as testing for nutrition information, surveying eating habits, contacting parents, and planning activities for different grade levels.

The Better Baking Program of the Extension Service, working in cooperation with Bewley Mills, has as its purpose increased use of home-baked products of better quality and greater variety, and maximum food value in well planned meals. The county home demonstration agents train the women and girls in making and scoring cakes, cookies, yeast breads, sweet yeast breads, and quick breads.

The Council is working on enrichment of corn meal and grits in Texas.

Albertine Berry is the new chairman of the Council.

KANSAS.—Four hundred school lunchroom cook-managers attended workshops held in three centers over the State. Two nutritionists spent 18 days attending school lunch committee meetings and planning and giving demonstrations at workshops. The school lunch committee is made up of representatives of the State Department of Education, Kansas State College, Board of Vocational Education, Board of Social Welfare, Tuberculosis Association, Dietetic Association, and Extension Service.

These district workshops will be held in 1949 in different centers. One-day meetings will be held in other counties than where the centers are held, for the benefit of those who do not attend the meetings at the centers.

COLORADO.—Dr. Robert A. Downs, chairman of the Colorado Nutrition Council, reports that while the council has not been officially active since 1946, it does function whenever a specific need arises, such as during the Food and Feed Conservation Program of last year. At the present time the council is sponsoring enrichment legislation for bread and flour before the coming session of the Colorado Legislature. The bill has been drawn and approved by the Governor's Health Council Committee.

NEW MEXICO.—The State Nutrition Committee voted at its meeting of April 3 to sponsor a manual for use in the school

lunch program in New Mexico. A committee was appointed to prepare such a manual.

The school lunch program is expanding in New Mexico. The State Health Committee is working closely with the School Lunch Division. Since county nurses visit all schools, they have been alerted to recognize the needs for nutritional information. By telling "non-national school lunch" schools how they can become eligible for section 32 commodities, the nurses assist such schools in providing a nutritious lunch.

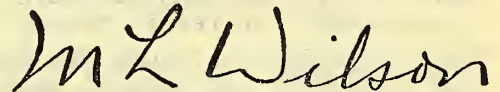
#### NEW MATERIALS

Written for social welfare and extension workers and other counselors and teachers, "Helping Families Plan Food Budgets," Miscellaneous Publication 662, 16 pp., tells how to develop food plans not shown in the popular-style bulletins issued by BHNHE. A limited number of single copies may be obtained from Bureau of Human Nutrition and Home Economics, USDA, Washington 25, D. C.

The Philadelphia Child Health Society at 7th and Delancey Streets, Philadelphia 6, Pa., has revised its Food Value Charts. This set of 12 charts shows nutritional values of foods, including cooked foods. On the back of the chart is shown what each food contributes in terms of various nutrients as a relative percent of the Recommended Dietary Allowances. Planned for professional workers, the charts may be purchased from the Society for \$1 a set.

"Nutrition Studies, II, Methods of Collecting Dietary Data," by Miriam G. Eads and Alla P. Meredith is available as Reprint 2866 from the Nutrition Section, U. S. Public Health Service, Washington 25, D. C., upon request. It was published in Public Health Reports, vol. 63, No. 24, June 11, 1948, pages 777-782.

Sincerely yours,



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